
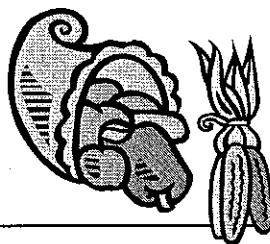


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> American Chop Suey  Broccoli Rye Bread Chilled Fruit  <b>Calories: 689 Fat: 24% Sodium: 653mg</b>	<b>4</b> Pork Chops with Gravy Garlic Mashed Pot. Collard Greens Wheat Bread Fresh Fruit  <b>Calories: 688 Fat: 29% Sodium: 519mg</b>	<b>5</b> Chicken Teriyaki  Brown Rice Stir-Fry Vegetables Wheat Bread Cookie  <b>Calories: 678 Fat: 27% Sodium: 933mg</b>	<b>6</b> Wild Pacific Salmon with Dill Sauce Red Potato Green Peas Muffin Pudding  <b>Calories: 717 Fat: 24% Sodium: 786mg</b>	<b>7</b> Meatloaf with Gravy Whipped Sweet Pot. Mixed Vegetables Wheat Bread Fresh Fruit  <b>Calories: 746 Fat: 23% Sodium: 682mg</b>
<b>10</b> Turkey Milanese  Vegetable Rice Pilaf Carrots Rye Bread Chilled Fruit  <b>Calories: 634 Fat: 17% Sodium: 1030mg</b>	<b>11 Sites Closed</b>  <b>Veteran's Day</b>	<b>12</b> Roast Pork Loin with Gravy Whipped Potato Mixed Vegetables Italian Bread Fresh Fruit  <b>Calories: 659 Fat: 30% Sodium: 672mg</b>	<b>13</b> Lemon & Garlic Chicken Candied Yams Broccoli Wheat Bread Brownie  <b>Calories: 659 Fat: 23% Sodium: 782mg</b>	<b>14</b> Fish Strips Tartar Sauce Plantains Carrots Italian Bread Fresh Fruit  <b>Calories: 796 Fat: 38% Sodium: 912mg</b>
<b>17</b> Beef Stew with Potato & Carrots  Beets Wheat Bread Applesauce  <b>Calories: 709 Fat: 30% Sodium: 621mg</b>	<b>18</b> Chicken Cacciatore Pasta Broccoli Wheat Bread Pudding  <b>Calories: 721 Fat: 26% Sodium: 1046mg</b>	<b>19</b> Cheese Tortellini with Meat Sauce  Italian Blend Veg. Italian Bread Fresh Fruit  <b>Calories: 576 Fat: 22% Sodium: 656mg</b>	<b>20</b> Latin-Style Pork with Gravy Whipped Sweet Pot. Capri Blend Veg. Rye Bread Fresh Fruit  <b>Calories: 739 Fat: 27% Sodium: 590mg</b>	<b>21</b> Rst Turkey w/Gravy Mashed Potato Stuffing Butternut Squash Dinner Roll Apple Crisp  <b>Calories: 744 Fat: 27% Sodium: 1371*mg</b>
<b>24</b> Wild Pacific Salmon with Dill Sauce Yellow Rice Cauliflower Wheat Bread Chilled Fruit  <b>Calories: 591 Fat: 17% Sodium: 603mg</b>	<b>25</b> Roast Beef with Gravy Potato Wedges Italian Blend Veg. Italian Bread Yogurt  <b>Calories: 670 Fat: 28% Sodium: 1245mg</b>	<b>26</b> Lemon Pepper Pork Brown Rice & Black-Eyed Peas California Blend Veg. Wheat Bread Fresh Fruit  <b>Calories: 677 Fat: 28% Sodium: 680mg</b>	<b>27 Sites Closed</b>  <b>Thanksgiving</b>	<b>28</b> Stuffed Shells with Marinara Sauce  Broccoli Snack Loaf Fresh Fruit  <b>Calories: 643 Fat: 28% Sodium: 762mg</b>
<b>2% milk and margarine served with meals.</b>	<b>*indicates high sodium entrée or meal</b>	<b>Menu subject to change without notice.</b>	<b>Reservations and cancellations must be made two days in advance.</b>	<b>Thank you for your voluntary \$2.00 donation per meal towards actual cost of \$13.85</b>